

**Drowning in Debt?
We Can Help!**



W|B|L|I
INCORPORATED
TRUSTEE IN BANKRUPTCY

902 482 2000 • 4debtrelief.com



Russia put on the spot

Defence minister calls on Russia to use its relations to end the Syrian civil war **PAGE 4**

BLOND LUCK

NICKI MINAJ PICKS UP SOME
HARDWARE AT THE AMERICAN
MUSIC AWARDS ALONG WITH
JEPSEN AND THE BIEBS **PAGE 12**



HALIFAX

metro

®

Monday, November 19, 2012



News
worth
sharing.

metronews.ca | twitter.com/metrohalifax | facebook.com/metrohalifax



MOOSE DOWN FOREURS

Halifax Mooseheads Martin Frk tries to score past Val-d'Or Foreurs goaltender Alexandre St-Arnaud during QMJHL action at the Halifax Metro Centre on Sunday afternoon. Halifax won 4-3 to make it 19 wins in 22 games this season. Story, page 18. **JEFF HARPER/METRO**

Towers in jeopardy

Skye Halifax. Regional council could quash proposed apartment complex with vote

Halifax regional council could pull the plug on the controversial Skye Halifax project at Tuesday's regular meeting.

The new council will vote on a report from HRM's Design Review committee recommending against amending current planning policies to allow the construction of the towering apartment complexes. A vote in favour of the recommendation would kill the project in its current form, while a vote against would put the matter to a public consultation process.

According to HRMbyDesign rules, the maximum height permitted for the Granville Street site is 66 metres. The towers shatter that at 172 metres.

Coun. Jennifer Watts said voting to support a public hearing would be an insult to residents whose input was already used to shape HRMbyDesign.

She said downtown development should follow that democratic document. "The people I have spoken to have said, 'Why

should I bother (offering input) if in the end council doesn't follow the advice of the community?" said Watts.

Coun. Tim Outhit said he hasn't made up his mind on which way he would vote.

Outhit said he supports more downtown residential development but isn't sure whether a pair of towering apartment complexes is the solution. "I'm not opposed to the development as much as I'm concerned that it might not happen," he said. "If it doesn't happen, will it hold up other developments?"

The report from the Design Review committee highlights five violations of existing planning policies in the new proposal, including the violation of the Citadel Rampart View requirements.

ANDREW RANKIN/METRO

Quoted

"If we want a good (economy) and infrastructure in the downtown, we need to follow HRMbyDesign."

Coun. Jennifer Watts

LASIK MD
VISION

FREE Consultation

1-866-999-0435 • lasikmd.com

LASIK NOW, PAY IN 2014!

\$0 DOWN \$0 PAYMENTS 0% INTEREST

LIMITED TIME OFFER!

LASER VISION CORRECTION
Starting at

\$490 /eye*

Blade-Free All-Laser LASIK Available



Subject to Eligibility. Certain Services (credit Approval, Patients must receive their procedure prior to January 25, 2013). Complete the application by January 25, 2013. LASIK on both eyes only. Cannot be combined with any other offer. Not available for patients with previous LASIK and very severe prescription strength. Applicable to surgery on both eyes only. Other conditions may apply.



AMHERST

AML Communications
Amherst Centre Mall
142 South Albion St.
(902) 669-3388

ANTIGONISH

Motion Communications
19 A James St. Plaza
(902) 863-5888

BEDFORD

AML Communications
Sunnyside Mall
1595 Bedford Hwy.
(902) 463-3388

BRIDGEWATER

World of Wireless
533 King St.
(902) 543-6363

DARTMOUTH

AML Communications
121 Ilsley Ave.
(902) 468-3388

AML Communications
Mic Mac Mall
21 Mic Mac Blvd.
(902) 466-3388

HALIFAX

AML Communications
201 Chain Lake Dr.
(902) 455-3388

AML Communications
5693 Spring Garden Rd.
(902) 492-3388

SACKVILLE

AML Communications
405 Sackville Dr.
(902) 865-3388

NEW GLASGOW

Motion Communications
60 Archimedes St.
(902) 752-5888

NEW MINAS

AML Communications
County Fair Mall
9256 Commercial St.
(902) 681-3388

PORT HAWKESBURY

Motion Communications
634 Reeves St.
(902) 625-5777

SYDNEY

Soundafex
484 Grand Lake Rd.
(902) 564-9400

TRURO

AML Communications
Truro Mall
245 Robie St.
(902) 893-2288

YARMOUTH

AML Communications
Yarmouth Mall
76 Starrs Rd.
(902) 742-3388

Get the phone you want, on the network you deserve.



Apple iPhone 5

\$179⁰⁰*
with a 3-yr.
FLEXTab™
agreement
on select plans

\$699⁰⁰
no term

Let Rogers enhance your iPhone experience:

- First to launch LTE in Canada
- Always have the latest iPhone with FLEXTab™

Visit your local Rogers retail store today.

Rogers LTE network available in select cities. See rogers.com/coverage.

CONNECT EXCITING NETWORK TALK SHARE RELIABLE ACCESS FREEDOM THE NETWORK CHAT
TALK FRIENDS SUB FLEX NETWORK LIFE TEXT FIRST FAST ACCESS FREEDOM THE NETWORK CHAT
CHAT ACCESS SUB FLEX NETWORK LIFE TEXT FIRST FAST ACCESS FREEDOM THE NETWORK CHAT

Creating World-Leading
Internet Experiences.



HALIFAX

Halifax Shopping Centre
7001 Mumford Rd.
(902) 455-1778



authorized dealer



Offer available for a limited time and subject to change without notice. *With new activation on a 3-yr. Talk and Internet Plan having min. \$55 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXTab balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to \$35 (varies by province) will also apply (except as otherwise noted). Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. ©2012 Rogers Communications.

Crime. Three sought in Dartmouth home invasion

Halifax police are on the hunt for three men who robbed and tied up a Dartmouth couple in their home.

The incident happened at a house on Glen Manor Drive near Mic Mac Mall at about 10:15 p.m. on Saturday. Police say three masked suspects forced their way in after a man came to the door. A neighbour later saw someone with a gun near the house, and yelled out that she was calling 911.

The robbers fled on foot after that, said Sgt. Rob Lowther of Halifax Regional Police. No one was seriously hurt, and the investigation is ongoing.

"They were tied up and obviously scared, but fine," Lowther said of the victims.

Police said several items were taken from the home, and are asking anyone with information to contact them at 490-5016 or Crime Stoppers at 1-800-222-8477. **HALEY RYAN/METRO**

Crime

Cabbie charged after alleged assault

A 45-year-old Halifax taxi driver is facing assault charges after police say he struck a fare in the head with a pipe-like object. Police say they were called to the 300 block of Langbrae Drive in Halifax at 1:14 a.m. on Saturday. They say the victim and his girlfriend were in the taxi when he got into a dispute with the driver, who turned and struck the man in the head with the object. He was taken to hospital with non-life-threatening injuries. The driver is charged with assault with a weapon and assault causing bodily harm. **METRO**



Santa greets the adoring crowd on Sunday night during the Light Up Bedford Parade. **JEFF HARPER/METRO**

'Tis the season for festive parades

We love you, Santa!
Hundreds line streets for annual Light Up Bedford event



HALEY RYAN
haley.ryan@metronews.ca

A little boy breathed a puff of steam into the cold night air on Sunday, his family watching the parade lights as they huddled in the back of their open van.

The Light Up Bedford Parade made its way from the Bedford Place Mall just after 6 p.m., and travelled down the Bedford Highway before hundreds of people to finish at the Sobeys parking lot.



The kids are "still true believers," resident Janet Rowe says. **JEFF HARPER/METRO**

"It's a little more relaxing and easygoing. You can really see it," spectator Tammy Gerrow, 30, said about the Bedford event compared to the much bigger Holiday Parade of Lights

held Saturday night in Halifax. "It's so overwhelming and not everybody can deal with that, but this is nice."

There was plenty of room for people to set up chairs and

blankets on the sidewalk, and Gerrow said she liked that she could park her car anywhere along the route.

Cory Martin has been coming to the parade since he moved to Bedford with his family three years ago.

"When we moved here we wanted to participate in the community," Martin said. "We have little ones, so it became a tradition."

His daughters Kayla, 6, and Bryn, 3, had even written letters to Santa, which his elves collected as he drove by the people lining the road.

Janet Rowe, 71, said she loves coming to Christmas parades because of the looks on children's faces when they finally see Santa's float.

"They're still true believers," she said.

1 NEWS

STEP INTO THE ACTION

Canada's Para Soccer Team is looking for athletes!

If you or someone you know has:

- mild cerebral palsy
- had a stroke or brain injury
- a desire to represent Canada

We want to hear from you!

Contact: Drew Ferguson, Head Coach
Canada's Para Soccer Team
info@soccercan.ca



canadasoccer.com



Bottom of the ocean. Abandoned boat sinks off of Cape Sable Island

RCMP say they are still trying to determine who owns a sailboat that sank off Cape Sable Island and where it came from.

Divers determined the boat is about 12 metres long and has a 3.6-metre beam with a single mast.

But based on where it came to rest on the ocean floor and given its instability, Barrington RCMP say it was not safe for divers to continue an examination of the boat.

A search of the shore-

No call for help

Police did not receive a distress call from the boat, which was reported missing Friday night.

line was also completed and no additional searches are planned.

RCMP say the boat had been abandoned and no one was on board when it went under.

THE CANADIAN PRESS

Injured. Man in serious condition following early morning stabbing

A man is in serious condition in hospital following a stabbing early Sunday morning in Membertou.

At about 4 a.m., members of the Cape Breton Regional Police Service responded to a 911 call at a home on Veteran's Avenue in Membertou. There was a report that a disturbance had taken place and a man had been stabbed.

Paramedics were called

to the scene and transported the victim, a 30-year-old man who had been stabbed twice, to the Cape Breton Regional Hospital.

Police later arrested a 22-year-old man from Membertou. His name has not yet been released, and he is in central lockup and was to be questioned by investigators Sunday.

CAPE BRETON POST

Drilling. BP granted deepwater exploration rights off Nova Scotia

BP has been granted the right to explore in Nova Scotia's offshore after the energy giant submitted a \$1 billion bid, the highest ever accepted for deepwater-exploration rights in Atlantic Canada.

The announcement by the Canada-Nova Scotia Offshore Petroleum Board raises hopes that the cash-strapped province can strike oil and grow

its offshore energy industry, which has experienced setbacks in recent years.

"This is a strong endorsement of the valuable work our province has done to provide the industry with a clearer picture of Nova Scotia's offshore geology and potential," Premier Darrell Dexter told a news conference Friday in Halifax. THE CANADIAN PRESS

Mega project

Protest targets Muskrat Falls

Provincial politicians head back to the legislature Monday in St. John's, amid growing protest over the \$7.4 billion Muskrat Falls mega project.

The house of assembly, in business for the first time since June, will be dominated by the pricey plan to bring hydro power from the lower Churchill River in Labrador to Newfoundland then Nova Scotia.

THE CANADIAN PRESS

Trip to Alberta

Local MP visit the oilsands

Halifax West MP Geoff Regan paid a visit to the oilsands, saying Alberta may be having struggles in accessing foreign markets but the province's crude is always welcome in the East.

Regan says environmental concerns appear to be stalling approval of the Keystone XL pipeline to Texas and the Northern Gateway pipeline.

THE CANADIAN PRESS



Defence Minister Peter MacKay fields questions at the end of the Halifax International Security Forum in Halifax on Sunday. Delegates discussed pressing security issues, including the impact of the American presidential election, the turmoil in Syria, cybersecurity and modern warfare. ANDREW VAUGHAN/THE CANADIAN PRESS

Calling on Russia to help with Syria

Forum in Halifax.

The defence minister reiterated Sunday that Canada has no plans for a military intervention in Syria

Quoted

"We know in Syria there are countries like Russia that could be far more proactive, who could exert considerable influence and use their weight with the (Syrian President Bashar Assad) regime to end the violence."

Defence Minister Peter MacKay

Defence Minister Peter MacKay called on Russia on Sunday to exert influence to end the Syrian civil war, accusing Russia of standing on the sidelines while Syria is "coming apart at the seams." MacKay told a press con-

ference at the Halifax International Security Forum that Russia — one of Syria's most important allies — should use its weight to end the conflict.

"We know in Syria there are countries like Russia that could be far more pro-

active, who could exert considerable influence and use their weight with the (Syrian President Bashar Assad) regime to end the violence," MacKay said just after giving his closing remarks at the three-day conference.

"If Russia truly wants to be embraced as a democratic, productive member of the world community, this is a time for them to show the right stuff."

Russia has backed Syria at the United Nations Security Council by repeatedly vetoing resolutions aimed at pressuring the Syrian government to end the war.

MacKay said Prime Minister Stephen Harper has recently met with Russian President Vladimir Putin, but did not go into the details of the discussion.

THE CANADIAN PRESS

Court hearing to decide fate of District 3



Supreme Court Justice Kevin Coady is holding a hearing Monday to decide whether to approve a recount for District 3, which has been without an elected representative at the council table for nearly a month.

Former MLA Don Chard is seeking a judicial recount in the district, which was awarded first to Jackie Barkhouse and then to Bill Karsten.

The application ended

up in court because Chard's request came a day after the deadline, on Oct. 30.

The hearing is scheduled for 9:30 a.m. at Nova Scotia Supreme Court in Halifax. Coady will first decide whether to make an exception to the deadline laid out in the Municipal Elections Act. If so, he will hear arguments for and against the recount.

Karsten said on Sunday based on the legal advice he's received, he expects Coady

will go through with the hearing.

He also said if Coady rules in favour of a recount, it must be done no later than 30 days after the recount application was submitted, by Nov. 30.

Chard said he has concerns about the way the votes were read during the review that gave the win in the district to Karsten, three days after Barkhouse was initially declared the victor.

ANDREW RANKIN/METRO



After a long standoff on Compton Street, police found no one inside the home when they stormed inside around 2 p.m.
HALEY RYAN/METRO

Tense standoff in Halifax ends with one person charged

Home searched.
Police aren't saying who they thought might be inside



HALEY RYAN
haley.ryan@metronews.ca

A Halifax man faces weapons charges in relation to a near 10-hour standoff on Friday — but he wasn't the person police were looking for.

The standoff at 6024 Compton Ave. began 5:20 a.m. Friday when an officer on patrol saw a man in the window of the home, holding what was believed to be a firearm.

Const. Pierre Bourdages of Halifax Regional Police said the officer called for backup and the emergency-response team surrounded the area soon after.

Around 11 a.m. a man and a woman were arrested

Neighbour startled

Alex Pryde lives on Compton Avenue and said he was taking out his recycling around 7 a.m. Friday when police officers approached Pryde and asked him to evacuate his house.

- "I was still half-asleep," he said, "I've never experienced anything like this before. It was quite the shock."

outside the house, with the woman later released.

The 55-year-old man was charged with weapons offences and will appear in court at a later date.

But the standoff continued because police believed there was a third man in the house who may have been armed.

"We have to make every attempt to ensure that the place is empty," Bourdages said at

the scene Friday.

Around 2 p.m., the emergency-response team stormed into the house and searched for half an hour, but found no one.

When asked if the standoff was related to the Canada-wide search for Andrew Jason Hudder, Bourdages told reporters he had no information about a connection.

Hudder, a known associate of Halifax crime figure Jimmy Melvin Jr., is wanted for attempted murder in the shooting of a Halifax taxi earlier this month.

Police blocked off Robie Street in the area between Quinpool Road and Cunard Street until around 3 p.m. Friday when people were allowed to return to their homes.



Andrew Jason Hudder
HALIFAX POLICE HANDOUT

BECAUSE SHE'S STILL YOUR BABY

You'll always want what's best for her. When it comes to driver training you'll want to choose Young Drivers of Canada. YD teaches more than just the basics. With YD's Collisionfree! Approach to Driving™, you'll know that she has been through the safest and most effective driver training available. Of course you'll still worry...just a lot less.

Prepare for the road ahead.

For more details or to enroll online, visit www.yd.com or call 425-1322.

NEXT COURSE DATES:
Dartmouth - Nov. 24th Weekends
Lower Sackville - Nov. 24th Weekends

YOUNG DRIVERS®
ISO 9001:2000 Registered

UNWRAP ONE DIRECTION

November 12 to December 20

Like us on Facebook to grab your ballot for the chance to win a trip for two to see One Direction in Toronto!

[f / Bedford Place Mall](http://facebook.com/BedfordPlaceMall)

Bedford Place Mall
You'll find it here.

Eleven civilians killed in fierce Israeli attack on Gaza City

Escalating conflict.

Missile strike amounts to single deadliest incident of current operation

An Israeli missile flattened a two-storey house in a residential neighbourhood of Gaza City on Sunday, killing at least 11 civilians, mostly women and children, Palestinian medical officials said, as Israel expanded a military offensive to target homes of wanted militants.

The attack, which Israel said targeted a militant, was the single deadliest incident of the five-day-old Israeli operation and hiked a toll Sunday that was already the highest number of civilians killed in one day, according to Gaza medics. The bloodshed is likely to raise international pressure for a ceasefire, with Egypt taking the leading role in mediating between Israel and Hamas.

President Barack Obama said he had been in touch with the leaders of Israel, Egypt and Turkey in an effort to halt the fighting. "We're going to have to see what kind of progress we can make in the next 24, 36, 48 hours," he said.

Obama cautioned against a potential Israeli ground

invasion into Gaza, warning that it could only deepen its death toll. At the same time, he blamed Palestinian militants for starting the round of fighting by raining rockets onto Israel, and he endorsed Israel's right to defend its territory.

"Israel has every right to expect that it does not have missiles fired into its territory," Obama said in Thailand at the start of a three-nation tour in Asia.

An Israeli envoy arrived in Cairo on Sunday and held talks with Egyptian officials on a ceasefire, according to Egyptian security officials and Nabil Shaath, a top aide of Palestinian President Mahmoud Abbas, who was in the Egyptian capital.

But Israel and Gaza's militant Hamas rulers remain far apart on any terms for a halt in the bloodshed, which has killed 70 Palestinians — including 36 civilians, according to Gaza health officials — and three Israeli civilians.

Hamas is linking a truce deal to a complete lifting of the border blockade on Gaza, imposed since Islamists seized the territory by force. Hamas also seeks Israeli guarantees to halt targeted killings of its leaders and military commanders.

Israeli officials reject such demands. They say they are

Bloodshed

Women and young children were killed in a relentless Israeli attack — the worst in this round of fighting

- Rescuers pulled the bodies of several children from the ruins of a house, including a toddler and a five-year-old, as survivors and bystanders screamed in grief. Later, the bodies of the children were laid out in the morgue of Gaza City's Shifa Hospital. Among the 11 dead were four small children and five women, including an 80-year-old.

not interested in a "time-out," and want firm guarantees that militant rocket fire into Israel will finally end. Past ceasefires have been short-lived.

As the offensive moved forward, Israel found itself at a crossroads — on the cusp of launching a ground offensive into Gaza to strike an even tougher blow against Hamas, or pursuing Egyptian-led truce efforts.

"The Israeli military is prepared to significantly expand



Palestinians run to take cover during an Israeli air strike on a building in Gaza City on Sunday. ADEL HANA/THE ASSOCIATED PRESS

Quoted

"The Israeli military is prepared to significantly expand the operation."

Israeli Prime Minister Benjamin Netanyahu

the operation," Israeli Prime Minister Benjamin Netanyahu declared at the start of the weekly Cabinet meeting.

At the same time, Gaza militants continued their barrage of rocket fire at Israel, firing more than 100, including two at Tel Aviv. More than 10 Israelis were injured by shrapnel, two moderately, according to police spokesman Mickey Rosenfeld. Israel's "Iron Dome" rocket-defence system shot down at least 30 rockets, including the ones aimed at Tel Aviv.

Israel's announcement

Sunday that it was widening its campaign to target homes of militants appeared to mark a new and risky phase of the operation, given the likelihood of civilian casualties in the densely populated territory of 1.5 million Palestinians. Israel launched the offensive Wednesday in a bid to end months of intensifying rocket fire from the Hamas-ruled Gaza Strip.

THE ASSOCIATED PRESS

Syrian gunfire draws shelling from Israel



A Syrian fighter shoots his weapon through a hole in the wall during clashes with Syrian army forces in the town of Harem on the outskirts of Idlib, Syria, Saturday. Syrian shells have exploded inside Israel-held territory several times in recent weeks. KHALIL HAMRA/THE ASSOCIATED PRESS

Israel shelled Syrian fighters after gunfire from their civil war spilled over to the Israel-controlled Golan Heights, the military said Sunday, as the conflict appeared to inch closer to the Jewish state.

The civil war in Syria has renewed tensions in the Golan Heights, a strategic plateau that Israel captured from Syria in the 1967 war. Despite constant hostility between the two countries, Syria has been careful to keep the border quiet since the 1973 Mideast war.

In recent days, Israeli troops have fired into Syria twice be-

fore, responding to what appeared to be stray mortar shells exploding in Israel-held territory. On Sunday, an Israeli military spokesman said soldiers fired artillery toward the source of gunfire late Saturday night.

Speaking on condition of anonymity according to protocol, the spokesman said the military identified a hit. He did not know if the targets were Syrian rebels fighting to topple President Bashar Assad or forces loyal to him.

Syrian shells have exploded inside the Israel-held Golan Heights several times in re-

cent weeks, damaging apple orchards, sparking fires and spreading some panic, but causing no injuries.

Though the two nations have been bitter enemies, Israel is concerned that if the Assad regime is toppled, Syria could fall into the hands of Islamic extremists.

While it is widely believed that Assad does not want to pick a fight with Israel, some in Israel warn that if his situation becomes desperate, the embattled Syrian leader might try to draw Israel into the fighting as a distraction. THE ASSOCIATED PRESS

Syrian uprising

- Fighting raged nationwide over the weekend, killing at least 108 people on Saturday alone, according to activists.
- More than 36,000 people have been killed since the Syrian uprising began in March 2011.

'In gay we trust'

Gay rights group protests in France

The controversial Ukrainian group Femen, whose topless members stage pranks to support gay rights, have taunted a march in Paris by Catholics who oppose France's draft law to legalize gay marriage.

The Catholic group Civitas organized Sunday's march.

Thousands of people carried pro-family banners, prompting several anti-gay-marriage protesters to hit and push the Femen members. The activists turned up topless, chanting "in gay we trust."

Thousands of people took to the streets of France Saturday to protest the draft law that could see marriage and adoption legalized for homosexual couples early next year.

THE ASSOCIATED PRESS

Brutal clashes

Rwandan rebel group advances on Congolese territory

A Rwandan-backed rebel group advanced to within three kilometres of Goma, a crucial provincial capital in eastern Congo, marking the first time that rebels have

come this close since 2008.

Congolese army spokesman Col. Olivier Hamuli said the fighting has been going on since 6 a.m. Sunday and the front line has moved to just a few kilometres outside the city. After more than nine hours of violent clashes, the two sides took a break, with M23 rebels establishing a checkpoint just 100 metres outside the Goma city line.

THE ASSOCIATED PRESS

Israel-Gaza conflict

Missile attacks on news outlets condemned

Reporters Without Borders has condemned Israeli missile attacks on two media centres in Gaza that wounded six Palestinian journalists and damaged the equipment of foreign media outlets.

Sunday's attacks on the two high-rise buildings damaged offices of the Hamas TV station, Al Aqsa, and a Lebanese-based broadcaster, Al Quds TV, seen as sympathetic to the Islamists.

Germany's public broadcaster ARD; Russia Today, a state TV network that broadcasts in English; and Sky News Arabia said they lost equipment in the attacks.

THE ASSOCIATED PRESS



Nunavut Court Justice Earl Johnson, left, and legal counsel and court staff push a plane in Sanikiluaq, Nunavut. Somewhere between tales of judges bunking with strangers and pushing airplanes out of the mud it becomes clear Nunavut's court system works a little differently. GERALD ST-AMOUR-HANDOUT/THE CANADIAN PRESS

Nunavut's court system far from conventional

Cold cases. A sprawling northern legal circuit handles more violent crime per capita than anywhere in Canada

Somewhere between tales of judges bunking with strangers and pushing airplanes out of the mud it becomes clear Nunavut's court system works a little differently.

In the provinces, new courthouses are under construction and justice officials have embarked on electronic filing projects.

In Nunavut, the community centres that serve as temporary courthouses don't always have toilets, and Internet service is often non-existent.

Based in the capital, Iqaluit, the court system serves 24 communities across the vast 1.9-million square kilometre territory. So convening sessions of court requires packing up a twin-engine plane with a judge, a court clerk, an interpreter, their equipment and everything from first aid kits to extension cords.

When the court party arrives in town the weather might be cold, but the sleeping conditions can get quite cosy.

There's often only one small hotel in each community and reservations guarantee a bed, not necessarily a room.

"The hotels often will put other people in the other bed, so our judges have to ensure they take pyjamas because there's no guarantee it will in fact be someone of the same sex," said Nunavut Court Senior Justice Robert Kilpatrick.

The six judges of the Nunavut Court of Justice take turns travelling on the circuits, hearing everything from small claims cases right up to murder trials. They're the only judges in Canada to hear all three levels of court. **THE CANADIAN PRESS**

Rescue efforts. At least 2 dead, several seriously injured in plane crashes

Rescue crews on snowmobiles had to beat a path through thick bush in northern Manitoba on Sunday to reach the survivors of one of two fatal plane crashes that took place on the Prairies over the weekend.

Low cloud cover meant a rescue aircraft was unable to reach seven people who were injured after a plane en route to Winnipeg from Snow Lake, Man., went down just after 10 a.m. local time on Sunday.

The crash, which killed at least one person, came after a separate aircraft went down in northern Alberta on Saturday evening, killing the 52-year-old pilot, who was the plane's sole occupant.

In Sunday's incident, authorities said a Cessna 208 Caravan went down in a remote area about 10 kilometres from the town of Snow Lake, Man., which is some 700 kilometres north of Winnipeg.

Rescuers

A Canadian Forces Hercules aircraft was dispatched and rescuers on board had parachutes they could use to reach the survivors, but crews weren't able to jump because the cloud ceiling was so low.

Police said the pilot, a 40-year-old man from Snow Lake, was killed and that seven others were injured, some seriously.

RCMP, volunteer firefighters, wildlife officers and other locals had to use snowmobiles to reach the scene.

The injured were brought to a small health centre in Snow Lake, but poor visibility at the time meant that med-evac flights that would have carried them to larger hospitals couldn't land.

THE CANADIAN PRESS

Factory women

Workers exposed to toxic chemicals face cancer risk: Study

Women in Windsor, Ont.'s plastic automotive parts factories have complained of pungent fumes and dust that caused nosebleeds, headaches, nausea and dizziness. Some spoke of smouldering blobs of plastic dumped directly onto the floor near where they worked.

"People were getting sick, but you never really thought about the plastic itself," said Gina DeSantis, who has worked at a plant near Windsor.

A newly released six-year academic study draws a striking conclusion: Women employed in the automotive plastics industry were almost five times as likely to develop breast cancer, prior to menopause, as women in a control group.

TORSTAR NEWS SERVICE



Long Distance

\$25 FREE To anywhere in the world



Lowest Rate Guarantee

- ✓ No contracts
- ✓ No matter where you call
- ✓ No matter what rate you currently pay

We'll beat it, GUARANTEED!



Unlimited Canada

Unlimited calling to anywhere in Canada

\$5
/month



India

1000 Minute bundle only \$10/month

1¢
/minute



1-866-519-8090

www.comwave.net

While Comwave offers the accuracy of our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competition's lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minutes plans or prepaid calling cards due to their innovative billing criteria. \$25 free guarantee is applied 15 per month for 5 months. No minimum usage required. Calls to Overseas Mobile Phones may be billed at a higher rate. Standard usage is governed by our flat charge policy. To prevent abuse available at www.comwave.net/terms.

Retail giants challenge French naming demands

Quebec. Language watchdog orders move to French names or slogans for retailers

Several major retailers are taking the Quebec government to court over the provincial language watchdog's insistence they modify their commercial brand names to include some French.

The six retailers are some of the biggest names in North America — Walmart, Best Buy, Costco, Gap, Old Navy and Guess. Their lawyers are expected in Quebec Superior Court on Thursday.

Quebec's language watchdog, the Office Québécois de la Langue Française (OQLF), wants the retailers to change their signs to either give themselves a generic French name or add a slogan or explanation that reflects what it is they're selling.

For example, Walmart, a household name on the retail scene that doesn't really have a French equivalent, could change its signs to "Le Magasin



Gap is one of six major retailers protesting the Quebec language watchdog's insistence on French names or slogans. DIMAS ARDIAN/GETTY IMAGES FILE

Walmart."

But retailers say the language laws have not formally been changed and they will ask the courts to decide whether the language office has the right to make new demands.

According to Section 63 of Quebec's French Language Charter, the name of a business must be in French. But it hasn't generally been applied to trade-marked names.

Nathalie St-Pierre, vice-president for the Retail Council of Canada's Quebec branch, says the province wants to change the rules without having modified the law.

St-Pierre says the six have complied with the rest of Quebec's requirements for many years. She says they're now being forced to comply with a new interpretation of an old law.

And she questions the point

Early adopters

Some companies have voluntarily changed their signs over the years:

- **Kentucky Fried Chicken** is known in Quebec as Poulet Frit Kentucky.
- **Second Cup**, after FLQ fire bombings, became Les Cafés Second Cup
- **Starbucks** is known as Café Starbucks Coffee

of the whole battle.

"You know the brand, you know the colours, you know the sign," St-Pierre said of the famous company logos.

"There are brands that stand on their own and need no description."

In an online video, OQLF head Louise Marchand called the situation worrisome.

"Displaying the name of the company in French is a show of respect for the law," Marchand says. **THE CANADIAN PRESS**

Shopping. Stores bank on Black Friday going mainstream in Canada

The Canadian holiday-shopping season is looking decidedly more American this year as retailers schedule a rush of Black Friday events in hope that consumers will shop at home, rather than south of the border.

Black Friday, widely considered the busiest shopping day of the year, is timed to Thanksgiving in the U.S. It may just be a random November day for Canadians, but shoppers are increasingly buying into Black Friday and Cyber Monday, when online retailers hold their sales.

A CIBC poll conducted by Harris/Decima released Monday suggests nearly one in 10 of the 1,000 Canadian respondents plan on making a purchase during the sales period — suggesting that millions of Canadians will be shopping for holiday deals this weekend.

Many Canadian retailers have jumped on the trend as a new way to angle a promotion, says Mark Satov, founder of management consulting firm Satov Consultants Inc.

"You're creating the impression that everything is on



Canadians may be warming to U.S. traditions. In this file photo, people shop at Times Square's Toys "R" Us. HIROKO MASUIKE/GETTY IMAGES FILE

sale, and when consumers get there, everything doesn't have to be on sale, but they're there anyway, so they're going to buy."

But Canada's version of Black Friday won't be everything it's hyped to be, some suggest.

"It's a myth," says retail consultant Jim Danahy of CustomerLAB. "Stores are not bringing merchandise in any sooner than they were before. They are not changing their promotional calendars. It is simply the super-imposition of a term that exists in the United States here." **THE CANADIAN PRESS**

Why now?

Why do people pre-arrange funerals?

Because it is hard when you have no idea what a loved one wanted. People who pre-arrange know it is an act of love to protect and help their families. Isn't it time we all took care of this part of life...

Learn what you need to know about pre-planning your final arrangements at our free seminars:

Tuesday, Nov. 20th Noon
A.L. Mattatall Funeral Home
217 Portland St., Dartmouth

Tuesday, Nov. 20th 3:00PM
Keshen-Goodman Library
330 Lacewood Dr., Halifax

Friday, Nov. 23rd 2:00PM
Woodlawn Library
31 Eisener Rd., Dartmouth

Call your Dignity Memorial funeral home to RSVP for any of these important seminars or to book a seminar for your organization.

A.L. Mattatall Funeral Home 461-0700
Cruikshanks Funeral Home 423-7295
J.A. Snow Funeral Home 455-0531



Helping families like yours and ours since 1883.



Tummy-Tuck Duck and Skinny Minnie

A pin-thin Daisy Duck and Minnie Mouse strut down a Paris runway in a new commercial for Barneys New York's upcoming holiday window display. The ad is drawing criticism from celebrities and consumers alike in the U.S., who say the commercial gives girls the wrong ideas about body image. SCREENSHOT/YOUTUBE.COM

Console wars

Wii U arrives amid new competition

In the six years since the last major video-game system launched, Apple unveiled the iPhone and the iPad, Angry Birds invaded smartphones and Facebook reached a billion users. In the process, scores of video-game consoles were left to languish in living rooms alongside dusty VCRs

and disc players.

On Sunday, Nintendo Co. is launching the Wii U, a game machine designed to appeal both to the original Wii's casual audience and hardcore gamers. Just like the Wii U's predecessor, which has sold nearly 100 million units worldwide since 2006, the new console's intended audience "truly is five to 95," says Reggie Fils-Aime, the president of Nintendo of America.

But the Wii U arrives in a new world. In the age of a million gadgets and lean wallets, the storied game company faces a new challenge: Convincing people that they need a new video-game system rather than, say, a new iPad.

"Nintendo has to be a cut above the noise here," says Ben Bajarin, a principal analyst at Creative Strategies who covers gaming. **THE ASSOCIATED PRESS**

MONDAY, NOVEMBER 19

TODAY ONLY

Save \$220
\$129⁹⁹

Regular \$349.99

GLUCKSTEINHOME
7-ft. pre-lit Eastern
White Pine tree

49" diameter. 450 clear lights. 1006
mixed tips. Easy assembly with
metal stand. Exclusively Ours.

Shop thebay.com



Plus, save 50% all other trees
40% off all other items in
the Christmas department

the ay

Shop online at thebay.com

Be the first to know about our One Day Sale offers



Sign up at thebay.com for email updates



twitter.com/thehudsonsbayco



facebook.com/hudsonsbaycompany



Shazam our One Day Sale radio ads

\$19⁹⁹



Introducing Yale, the 2012
Limited Edition Heritage Bear

Net proceeds from the sale of the Limited Edition
Heritage Bear support the HBC Foundation,
dedicated to improving the lives of Canadian
children, women and families. *Shop thebay.com*

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details.

SECURITY FORUM MISSES THE TARGETS



**URBAN
COMPASS**
Stephen Kimber
halifax@metronews.ca

The idea for this past week-end's fourth annual Halifax International Security Forum, Peter MacKay told The Globe and Mail, was born because our defence minister "got a little tired" of travelling to other global security conferences in places like Munich where the discussions were all "Europe-America, Europe-America."

Voila the Halifax Forum.

MacKay's "brainchild" — as another media report described it — is a chance for more than 300 of the world's most self-important politicians, generals, security experts and assorted media celebrity hangers-on (CBC's Peter Mansbridge, Global's Tom Clark, CTV's Kevin Newman, CNN's Jeanne Meserve) to get together for "two days without distraction to focus on pressing security issues, conduct bilateral meetings, and network."

ACOA funding model

And then consider the fact ACOA's overall grants — which are supposed to 'create opportunities for economic growth in Atlantic Canada by helping businesses become more competitive, innovative and productive' — fell by more than 25 per cent last year.

of similar hues from a narrow ideological spectrum — and focus instead on the economic optics of the gathering.

Consider first that the Atlantic Canada Opportunities Agency (Peter MacKay, real proprietor), has gifted organizers \$3 million a year for the last four years — making it one of the agency's largest individual funding recipients — so they can stage MacKay's two-day annual gabfest.

That's \$10,000 per participant, or \$125,000 per hour of face time.

And then consider the fact ACOA's overall grants — which are supposed to "create opportunities for economic growth in Atlantic Canada by helping businesses become more competitive, innovative and productive" — fell by more than 25 per cent last year, with more Harper-mandated cuts to come.

While the 20 local restaurants where delegates dined at our expense Saturday night — and the downtown bars where they "networked" after — are no doubt delighted by their one-day business boost, it is difficult to understand how any of this makes us "more competitive, innovative and productive."

But then — like making the world safer and more secure — that was never the point.

Oh baby

Woman stopped for speeding gives birth on side of road

A police officer who pulled over a pregnant woman for allegedly speeding west of Kingston, Ont., Sunday morning, ended up helping deliver her baby on the side of the road.

Police say the driver

from Stirling-Rawdon Township was in labour and racing to hospital when the officer stopped her vehicle (on North Front Street) in Belleville around 4:30 a.m.

With the officer's help, the woman gave birth to a baby boy by the road, right in front of a grocery store.

Police say both mother and child were transported to hospital and are doing well. **CJBQ/THE CANADIAN PRESS**

President takes enlightening trip



CAROLYN KASTER/THE ASSOCIATED PRESS

Leaning statue of Buddha

Obama kicks off three-day Asia tour

U.S. President Barack Obama and U.S. Secretary of State Hillary Rodham Clinton tour the Wat Pho Royal Monastery with Chaokun Suthee Thammanuwat, a member of the temple, in Bangkok, Thailand, on Sunday.

The Temple of Reclining Buddha, formally known as Wat Pho, was the first stop on Obama's Asian tour that will also take him to Myanmar and Cambodia.

Obama arrived at the temple, one of Thailand's most famous temple compounds, to marvel at its

centrepiece — a gigantic, golden statue of a reclining Buddha propped up on one elbow before passing into nirvana.

The visit was meant to give Obama a taste of Bangkok. Visits to see the king and the Thai prime minister were saved for later.

But one thing Obama did not get to see as he sped through Bangkok was the city's infamous traffic jams.

All roads leading to Wat Pho and his other destinations were blocked and cleared of cars as part of security measures that included bomb squads and shutting the temple to the public hours in advance.

THE ASSOCIATED PRESS

Changing times

"This is not an endorsement of the government.... This is an acknowledgement that there is a process underway inside that country that even a year and a half, two years ago, nobody foresaw."

U.S. President Barack Obama on Sunday, before embarking on his landmark trip to Myanmar. He was attempting to assure critics that his visit was not a premature reward for a long-isolated nation still easing its way toward democracy.

Post-election trip

1st

Obama was set to become the first U.S. president to visit Myanmar, with Air Force One scheduled to touch down in Yangon on Monday morning. Though Obama planned to spend just six hours in the country, the much-anticipated stop came as the result of a remarkable turnaround in Myanmar's relationship with the U.S. For his first post-election trip, he tellingly settled on Asia, a region he has deemed as crucial to America's prosperity and security.

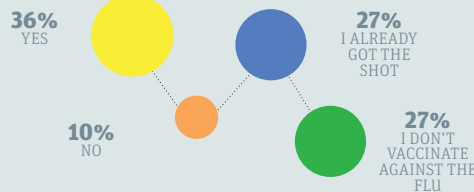
Online

For the latest on Obama's Myanmar trip, visit metronews.ca



Register at metropolitanpanel.ca and take the quick poll

Are you more likely to get the flu vaccine now that you can get a nasal spray?



Twitter

@hollymays17:

So hard to come to halifax shopping center and not leave with a candy apple from rocky mountain chocolate factory #ultimate-sweettooth

@presse17:

beautiful day in halifax, sun is shining, there's no wind, and i don't even need my mittens :)

@Lady_V_:

what a gloriously beautiful day in

#halifax. who's headed to the #lightupBedford parade tonight?

@marissamagliaro:

I've come to a conclusion... #Halifax boys are the hottest.

@cjgoogoo:

@PearlJam whenever u plan ur next North American or Canada tour please keep the east coast in mind: #Halifax or #Moncton or #pei please!!!!



HALIFAX GOLD

**We Strive to Be Halifax's Choice
For Selling Gold and Silver.**

Don't be fooled by recycling and road show events any longer. We offer significantly higher prices and we stand behind our promise to offer you the highest prices guaranteed. Breathe easy and sell with confidence. Visit us today and be pleasantly surprised.

WE PROMISE YOU...



The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 50% of the difference!

Terms and Conditions can be found at
halifaxgold.ca/price-guarantee

Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

How it Works...

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

WHAT WE PAY

Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	1,632.52/coin
9999 Canada Maple leaf, less than 1 ounce	\$52.49/g
24k Jewellery	\$38.68/g
22k	\$35.43/g
E. Indian/Nuggets	\$31.41/g
18k	\$29.01/g
14k and dental	\$22.55/g
10k	\$16.09/g
9k	\$14.50/g
8k/antique gold	\$9.67/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,580.97
Gold 10 ounce (Recognized)	\$15,723.77
Gold 1kg (Recognized)	\$50,551.93
Gold bars, less than 1 ounce (Recognized)	\$50.56/g
999 Gold bar (Unrecognized)	\$49.18/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver, Sealed)	\$31.20/coin
-------------------------------------	--------------

Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.66/g
Stamped Sterling Silver Jewellery	\$0.62/g
Mexican Silver stamped 925	\$0.52/g
Stamped 800 Silver	\$0.51/g
Unstamped scrap silver	\$0.33/g
Other silver coins	\$0.71/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-11-16, 13:28:40 PM

Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: \$4,363.43



Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$248.33



Example Purchase 3:

Purity: 14k • Weight: 183.30g

PRICE: \$4,133.42

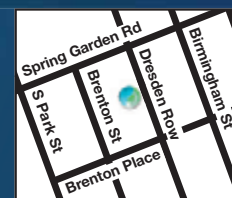


902.444.7233

1461 Brenton St, Halifax

Monday to Saturday 9am to 5pm. Other times by appointment.

www.halifaxgold.ca



SCENE 2

It's a hat trick for the Biebs

AMAs. Bieber shouts out to haters when he wins his first of three awards, while Nicki Minaj takes home two

Exclusively online

For more shots of entertainers from the show and a full list of the winners, visit metronews.ca/scene.



Justin Bieber and Nicki Minaj performed together — and separately — at the American Music Awards. They both were also both multiple award winners.

Bieber's wins included the show's top award, artist of the year.

The singer's mom joined him onstage as he collected the top award.

He looked to his mom: "I wanted to thank you for always believing in me."

The 18-year-old won also won favourite pop/rock male artist in the first award handed out at Sunday's American Music Awards and gave a shout-out to those who didn't think he would last on the music scene.

"I want to say this is for all the haters who said that I was just here for one or two years. I feel like I'm going to be here for a very long time," he said, also thanking his mom, manager, family and his "beautiful, beautiful fans."

He also won favourite pop/rock album for *Believe*. He gave a stripped down, acoustic performance of *As Long As You Love Me*, sitting down as someone played the guitar. He transitioned to the dance-heavy *Beauty and a Beat*, where Minaj joined him onstage, grinding with the teen for a few seconds.

Minaj repeated her AMAs wins from last year, picking up trophies for favourite rap/hip-hop artists and album for *Pink Friday: Roman Reloaded*. She was in an all-white get-up, including fur coat and pink hair when she

performed her new song *Freedom*. The scene was ghostly and snowy, as a choir — also in white — joined her onstage. One background singer stole the performance, belting semi-high notes as Minaj looked on.

As Bieber won his second award, he was kissed on the neck by Jenny McCarthy, who presented the award.

"Wow. I feel violated right now," he said, laughing.

Bieber's red and black outfit seemed to be the night's theme, as Taylor Swift and Usher wore similar ensembles.

Usher kicked off the three-hour show with green laser lights beaming onstage as he performed

a medley of songs, including *Numb*, *Climax* and *Can't Stop Won't Stop*, which featured



Carly Rae Jepsen, of *Call Me Maybe* fame, jumps out of a pink telephone booth at the show. Jepsen won favourite new artist. "I am floored. Wow," she said. ALL PHOTOS GETTY IMAGES



Justin Bieber, accepting one of his three awards of the night.



Usher kicked off the awards with the first performance of the night.

smoky floor and a number of backup dancers, as Usher jammed in all black, with the exception of his red shoes.

Swift won her fifth consecutive award for favourite country female artist.

"This is un-

real. I want to thank the fans. You guys are the ones who voted on this," she said.

Along with Rihanna, Minaj was the top nominee with four nominations.

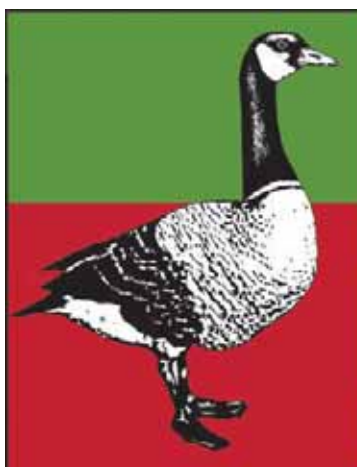
"I don't do music for awards," the 29-year-old said in an interview.

"I know they're going to come. I'm sitting here looking at my awards right now," she continued with a laugh. "I never stress it. I think of myself as 'I'll have a career long enough to get all those different awards.'"

THE ASSOCIATED PRESS



Nicki Minaj tied Rihanna for most nominations.



DALPLEX CHRISTMAS CRAFT MARKET

Mark your calendar for the 28th Annual Dalplex Christmas Craft Market where you'll find the finest juried crafts, holiday decorations, beautiful works of art, and delicious food from across Canada!

Bring the kids - we'll watch them while you shop! \$5/90 minutes of childcare in the Fun Zone.

NOVEMBER 23-25

Friday, 12:00pm-9:30pm
Saturday, 9:30am-6:00pm
Sunday, 10:00am-5:00pm

WWW.DALPLEX.CA

DALPLEX

WagJag.com

GET DEALS ON THE GO!



iPHONE APP



ANDROID APP

50-90% Off Local Daily Deals



From

\$14

UP TO 90% OFF A SUBSCRIPTION TO
NATIONAL GEOGRAPHIC (2 OPTIONS)

NATIONAL GEOGRAPHIC

BUY FOR: \$59

80% OFF DESIGNER EYEGLASSES
WORLD OF EYES



BUY FOR: \$15

57% OFF TOUCHSCREEN GLOVES
MOBILE BASICS



MULTIPLE OPTIONS AVAILABLE
UP TO 73% OFF MANICURE PRODUCTS
GROUS



Check Out Festive FAVOURITES

A selection of deals to help you through the holidays!

www.wagjag.com/festive-favourites



You Could Win an iPad

Or 1 of 5 \$200 WagJag Gift Cards

Every deal you purchase with a holiday badge
is an automatic entry for the chance to Win!

Visit: **WagJag.com**

Follow us:



facebook.com/wagjag
[@wagjag](https://twitter.com/wagjag)

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Bieber pulls a Romeo outside Gomez's gate... but with swear words?

Justin Bieber certainly seems to be trying to patch things up with Selena Gomez following their split two weeks ago — but it might be no use. After being spotted sneaking into the Four Seasons Hotel in Beverly Hills together Friday afternoon, the pair reportedly hit up Japanese restaurant Yamato in Encino, Calif. That outing, though, didn't go so well, according to *Us Weekly*. "They had just sat down and didn't order anything when they started to fight. Ten minutes later, they stormed out without speaking and she drove off in her car," a source says, adding that Bieber followed her to her home but couldn't make it past her gated driveway.



Justin Bieber
ALL PHOTOS GETTY IMAGES

He reportedly started yelling her name over the fence and began "swearing and yelling and lost his temper" when he realized he was being photographed. But all is not apparently lost just yet, as Bieber's car was spotted still parked outside of Gomez's house the next day. But that night, Gomez stepped out with gal pal Taylor Swift, who knows a thing or two about dealing with breakups.



Taylor Swift

Dear Taylor: Swift serving as resident love doctor for *Seventeen*

With an impressive number of failed romances under her belt — and the songs of heartbreak to prove it — Taylor Swift might be the last person you'd want to listen to for relationship advice, but *Seventeen* magazine is letting her do just that. Swift is serving as a guest advice columnist for the maga-

zine's December issue. "Remember that people have to fall in love with you because they want to, not because you want them to," Swift writes. "Don't chance ruining your friendship by chasing him before he's ready. You just have to wait for him to turn it into something more, if and when he wants to."



Joe Simpson

Simpson sees his day of sentencing

Joe Simpson had his day in court last week, pleading not guilty to two charges of

driving under the influence stemming from his Aug. 4 arrest, according to E! News. Despite the plea, Simpson was sentenced to 36 months of probation and fined \$390 plus penalties. He was also ordered to complete a three-month alcohol education program.

The Word



Rihanna Unapologetic about her Cockiness

Rihanna opened her show in Paris on Saturday, just as in Stockholm on Friday, with *Cockiness* — which is a fitting kickoff song, and it seems like the perfect way to describe her attitude while promoting her new album, *Unapologetic* (a title which is also in line with her current attitude).

The Paris gig at the beautiful Le Trianon theatre was a short one — only about 45 minutes due to an early curfew. However, the after-show party at exclusive club VIP on Champs Elysées did not disappoint. When the singer arrived around 3 a.m., she was joined by an entourage that included P. Diddy, Pharrell Williams, Omarion and Akon.

"We are here for Riha-

nna," P. Diddy announced, "and she has a wish. Only hip-hop!"

The music changed instantly and the party got started.

Guitarist Nuno Bettencourt first made his name in the Boston rock group Extreme, but for the past three years he has been Rihanna's go-to guitarist. He says he enjoys playing the more intimate gigs on this tour.

"I definitely see another side of her on stage," he told me on the plane yesterday. "Tours tend to be overly choreographed. It's not just the dancing, but where you walk and when to talk to the audience. Now I've seen her free to say exactly what she wants — even though it isn't completely fit for children's ears."

METRO'S KATARINA MATSSON HAS FOLLOWED RIHANNA ON HER JET DURING THE PARTIES AND PERFORMANCES OF HER 777 TOUR. MATSSON HAS BEEN ONE OF THE FEW REPORTERS ALLOWED ON THE PLANE.

101.3
THE BOUNCE

15 minutes of
fame!

Call 420-1013 weeknights to co-host the interactive NINE@9 with Ruby!

Discovered this week:

- ★ Lilly from Halifax
- ★ Sonya from Halifax
- ★ Mackenzie from Halifax
- ★ Drew from Enfield

Interactive
NINE@9

1013TheBOUNCE.com
Info@1013thebounce.com

Get the BOUNCE
Mobile app here



YOU COULD WIN
A COPY OF
SANTA PAWS 2: THE SANTA PUPS
ON BLU-RAY™ COMBO PACK



AVAILABLE EVERYWHERE NOV. 20

To register and for full contest details visit clubmetro.com

Don't forget to like us on Facebook! facebook.com/clubmetrohalifax



Information Technology Specialist You'll know what to do.

Graduates of Success College are ready for the exciting and challenging world of networks and computers. Our program covers the basics to the latest in technology and more. IT specialists work in businesses, schools, hospitals, government offices and nonprofit organizations.

Plug-in and connect to your new future.
SuccessCollege.ca 1-888-809-2472



Success College
Get Ready.

Travel etiquette

Grooming grief



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Imagine sitting at a restaurant and the person next to you starts cutting his or her nails. It would be exceptional, yet it isn't uncommon to witness

a fellow passenger doing this on an airplane, where you are seated considerably closer to them.

Don't be that person. In fact, don't do anything with your nails — polishing, unpolishing, clipping, or biting. Particularly if they aren't your fingernails. Got a pimple or anything else you feel the need to squeeze? Leave it alone until you're in the bathroom, please. Something

stuck in your teeth? Flossing and picking them in your seat is a definite no-no. Sprays of any kind (hair, perfume, spritzers) always have collateral damage. Feel a desperate need to brush yours (or your child's) hair? Don't do it. Refrain from putting on makeup, beyond a slash of lipstick.

Lastly? The pull down tray in front of you is not a baby's change table.



Emergency or not, change your baby in private. ISTOCK

Exclusively online

Baby, it's cold outside. And is that green stuff oozing out of your nose? Cue hysterical WebMD surfing and an exponential increase in number of orders barked at Daddy. Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Massage rubbing off on parents looking to bond with their babes

Touch therapy. Take a little bit of time to help your little one relax — it has plenty of health benefits

DOROTHY ROBINSON
life@metronews.ca

Spending just a few minutes each day massaging your baby can help to increase the bond, interaction and communication between the two of you. But how do you start? Tina Allen, an internationally respected educator, author and expert in the field of infant and pediatric massage therapy, shares her advice.

1. Choose the best time and place. Creating the best environment for massage is an ideal way to give yourself and baby time to relax. Choose a familiar place that is warm, quiet and with few distractions. The best time for massage is when baby is awake, healthy and happy. Some babies prefer the morning,

Benefits for baby

Here's how a massage can help your youngster.

- Encourages healthy weight gain
- Increases brain development and growth
- Stimulates all systems of the body
- Aids in digestion
- Eases discomforts associated with gas, constipation and congestion

while others prefer the afternoon or before bedtime.

2. Be comfortable. Relax, enjoy and have fun. Position yourself so that you are comfortable. Be sure baby is safe and placed on a soft area. Keep in mind that babies roll and become slippery when using oil. Be sure your hands are warm and clean before you begin.

3. Consider a massage oil. While it is not required,



The key to the baby massage? Relax, enjoy and have fun. ISTOCK

using oil can help make massages more enjoyable for some babies and parents.

Olive oil and grapeseed oil are some of the best choices for infant massages. However, if you choose to use lotions, be sure to choose a nontoxic option, like Seventh Generation baby lotion, which contains olive oil as a main ingredient.

4. Listen in. Infant massages

can be a wonderful tool for increasing your communication. Massage is not something that parents do to their baby, but rather with their little one. Listen to your baby. He or she will give you the signals to let you know his or her comfort level.

5. Know when not to massage. Never provide massage when your baby isn't receptive to it (when sleep-

ing, crying or fussy).

Avoid massage when your infant is ill, has a fever or infection, or if your little one has broken skin, a rash or bruising. Wait at least 48 to 72 hours following immunizations, and for a tummy massage, wait 30 minutes after eating. If your child has any special health care needs, seek further guidance as to what would be the safest approach to use.

3
THE

Be Inspired By
Homes
FOR THE HOLIDAYS

A holiday house tour
brought to you by



**JUNIOR LEAGUE OF
HALIFAX**
Women building better communities®

Visit beautiful distinguished homes decorated in
Christmas splendor by local decor consultants.

Friday, Nov. 23rd 1pm to 9pm
Saturday, Nov. 24th and Sunday, Nov. 25th 11am to 5pm

1655 Beech Street
5855 Inglewood Drive
1990 Woodlawn Terrace

Nov 23 - 25 • \$20 in advance, \$25 at door • www.JuniorLeagueofHalifax.org

The In-Credibility Factor

"You see, anyone can schmooze someone and close a deal, but when a reputable client returns, you know that you and your team are doing something right."

Julian Brass
Founder of Notable.ca



Julian Brass. PROVIDED

Name: Julian Brass
City: Toronto and Montreal
Age: 29
Occupation: Founder and publisher of Notable.ca



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Julian Brass started hosting events at a young age and loved bringing people together. After working in Florida and California, he decided to move back to Canada and start Notable.ca, an online resource for connecting young, driven, professional adults with elements relevant to taking their professional and social life to the next level.

During the startup phase, Brass was living in his father's basement with no income. Four years later, Notable.ca has a team of 25 people handling more than one million visitors a month.

I knew I was on my way when... we started to have repeat advertisers approaching us to work together again. You see, anyone can schmooze someone and close

a deal, but when a reputable client returns, you know that you and your team are doing something right. That was an exciting feeling the first time it happened. Now, it's a regular occurrence.

Action Plan

• **Cut out all the noise**
If you truly want your business to succeed, you have to care more about it than anything else. Once you do, you'll get clarity and you'll go after your goal in a much more concerted way. At the end of the day, it's worth it.

• **Set a goal and work backward**
Envision yourself five years from now and work backward. That will give you a path. It will change, but it will at least get you moving forward.

• **Effort and sacrifice**
If it was easy, everyone would do it. For people to accomplish things that others haven't, you have to put forth a greater effort and sacrifice more than others are willing to give up. I can guarantee it will be worth it in the end and I would give nothing back for the ride I've had in the last four years.

MoneyProvider.com
\$500 Loan
and more
Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

No credit refused



THE WISH LIST

#WINWHATYOUWISH

Post a picture of something on your wish list from any Downtown Halifax business to Instagram or Twitter with #winwhatyouwish and you could win \$100 to make your wish come true.

Every post is another chance to win the \$1000 grand prize or runner up \$500 prize. Remember to geotag your pics so Santa knows where to look.

Visit winwhatyouwish.ca for details.

**DOWNTOWN
HALIFAX**



Available anywhere.
Download the NEW Metro app today.

Fire up your weeknight with a quick and easy Pot au Feu



This Pot au Feu takes 40 minutes and serves four. THE ASSOCIATED PRESS

Here is an untraditional weeknight version of the French stew known as Pot au Feu.

1. In a large saucepan over medium-high heat, combine the broth, carrots, parsnips, turnips, leek, garlic, thyme sprig and bay leaf. Bring to a boil and simmer for 15 to 18 minutes, or until the vegetables are tender. Meanwhile, in a large skillet over high, heat the oil. Season the steak with salt and pepper.

2. When the oil in the skillet is hot, reduce the heat to medium-high and add the steak. Sauté until well browned on both sides and medium-rare at the centre, 8 to 10 minutes total. Transfer beef to a plate, cover loosely with foil, and let rest 5 minutes. After 5 minutes, thinly slice beef against grain.

3. In a small bowl, stir together the yogurt, wasabi and any juices from the beef plate. Season with salt and pepper. Discard the thyme sprig and bay leaf, then divide the vegetables and broth among four soup bowls. Arrange a quarter of the

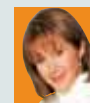
Ingredients

- 6 cups low-sodium chicken broth
- 2 medium carrots peeled and sliced 1/2 inch thick
- 2 medium parsnips peeled and sliced 1/2 inch thick
- 2 small turnips peeled, quartered and sliced 1/2 inch thick
- 1 medium leek, white part only, halved lengthwise, sliced 1/2 inch thick and rinsed well
- 2 cloves garlic, minced
- 1 sprig fresh thyme (or 1 teaspoon dried)
- 1 bay leaf (Turkish)
- 2 teaspoons olive oil
- 1 pound flank steak
- Kosher salt and ground black pepper
- 1/3 cup fat-free plain Greek yogurt
- 1 teaspoon prepared wasabi
- Chopped fresh chives or parsley

steak in the centre of each bowl and top portions with a spoonful of wasabi cream and a sprinkle of chives. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

The Keg is a well-known steak house, but that doesn't mean everything on its menu is healthy. Watch out for the enormous amounts of calories and sodium in some of its items.

Prime rib (10 oz) with mushrooms, jus, horseradish, and frizzled onions

1,050 calories / 59 g fat / 2,543 mg sodium

Prime rib is the one cut that is the most damaging to your health. It's marbled with fat throughout and half the calories come from fat. The sodium is high due to the au jus giving you 1 1/2 day's worth.



Equivalent

Equivalent to 10 tbsps of butter in calories

Sirloin steak (12 oz) with vegetables

511 calories / 22 g fat / 651 mg sodium

The Sirloin does not have fat marbled throughout and you can trim the outside fat, making this a healthier cut. It's even 2 ounces more in weight and yet surpasses the prime rib in nutrients.



Pull flank on complex recipes with overlooked cut of beef

Flank steaks are lean cuts from the rear side of the cow and are characterized

by rich, deep beefy flavour and a slightly chewy texture.

For the weeknight home cook, flank steaks are the perfect cut.

They can be tossed with a marinade the night before and left in the refrigerator until dinner.

And they cook in just minutes on the grill or under the broiler.

1. In a blender, combine the vinegar, garlic, peppercorns and 1 teaspoon of kosher salt. Blend for 20 seconds, then

transfer to a wide, shallow bowl.

2. Add the steak to the marinade, turning to coat. Refrigerate for at least 30 minutes. When ready to cook, heat the broiler with a rack 6 inches from the heat. Line a rimmed baking sheet with foil, then coat it lightly with cooking spray.

3. Cut each pear half into 4 slices, then arrange them on one half of the prepared baking sheet.

4. Remove the steak from

the marinade and set it on the other half of the sheet. Broil everything for 5 minutes, then use tongs to flip the steak and pears. Broil for another 5 minutes for medium-rare.

5. Let the steaks rest for 10 minutes, then cut into thin slices against the grain. Divide the slices between 4 serving plates, then top each with pear slices.

6. Top each serving with a bit of crumbled blue cheese before serving. THE ASSOCIATED PRESS



This flank steak dish takes 30 minutes and serves four. THE ASSOCIATED PRESS

SUPPORT FEED NOVA SCOTIA & SAVE THE HST!

During the month of November, donate a bag of non-perishable food items when you sign up for an annual membership and Dalplex pays the tax! Food will be donated to Feed Nova Scotia Stuff-A-Bus.

(Minimum six food items. Some conditions may apply. Contact Dalplex for details.)

DALPLEX.CA • 494-3372

DALPLEX





The Mooseheads' Jonathan Drouin, left, and Val-d'Or Foreurs' Matt Murphy fight for the puck during QMJHL hockey action at the Metro Centre on Sunday afternoon. JEFF HARPER/METRO

Stunning goal helps propel Moose to win

QMJHL. Over 18,000 fans watch team's two weekend wins



PHILIP CROUCHER
philip.croucher@metronews.ca

It was another special performance by a very special player.

Jonathan Drouin scored twice, including a highlight-reel marker in the first period, as the Mooseheads held on to beat the Val-d'Or Foreurs 4-3 in Quebec Major Junior Hockey League action at the Halifax Metro Centre on Sunday.

Drouin, coming off a four-as-

sist performance in a 8-3 drubbing of the Rouyn-Noranda Huskies on Friday night, brought the 8,052 fans to their feet midway through the first when he tallied a jaw-dropping goal.

The 17-year-old took a pass at the Mooseheads blue-line, and then almost effortlessly skated through the neutral zone, in between two Val-d'Or players and then around another before beating Foreurs netminder Alexandre St-Arnaud on a shot to the far side.

"It was one of the nicer goals I've scored this year. It kind of got the team going," Drouin, the game's first star, said of his marker that opened the scoring.

Misconduct

- A member of the Val-d'Or Foreurs is facing disciplinary action after being handed a game misconduct for racial taunts, gestures and slurs during the first period of Sunday's game.
- The penalty was issued with 15 seconds left in the first period, with the act reportedly directed towards Mooseheads defenceman Trey Lewis.

"I was pretty happy to pump (my teammates) up."

Drouin now has 37 points in 17 games, and remains two behind Nathan MacKinnon for the team lead. MacKinnon finished with two helpers.

Forward Andrew Ryan also scored twice for Halifax, now a staggering 19-2-0-1.

"We got three lines that can produce anytime," Ryan, who has nine goals, said of the club's prolific offensive attack.

Anton Ziobin scored twice for the Foreurs, with Anthony Mantha adding the other tally with 1:20 left in the third to make it a one-goal game.

The Mooseheads return to action Wednesday at 7 p.m. when they host the Baie-Comeau Drakkar in a battle of two of the QMJHL's top teams.

CIS. Rouge-et-Or dump Axemen 42-7 in Uteck Bowl

The Laval Rouge-et-Or are returning to the Vanier Cup.

Quarterback Tristan Grenon threw 268 yards for three touchdowns as Laval crushed the Acadia Axemen 42-7 to win the Uteck Bowl on Saturday and advance to the Canadian university football championship.

The Vanier Cup will be held on Nov. 23 in Toronto between No. 2 Laval and the top-ranked McMaster Marauders.

The RSEQ champion Rouge-et-Or's running game dominated on Saturday. Maxime Boutin led Laval with 213 yards, while Christophe Normand and Antoine Leduc both scored rushing touchdowns.

By the numbers

7

Acadia has now lost seven consecutive national semifinals dating back to 1981.

"The offensive line made me look real good today," Boutin said. "On a lot of my runs, all I had to do was hit a huge hole. When our O-line plays like this, we usually have success."

Quarterback Kyle Graves led Acadia (8-2) with 130 passing yards and a touchdown pass to Andrew Healy. Graves was also the Axemen's leading rusher with 76 yards. **THE CANADIAN PRESS**



From left, Axemen Chris Cull, Jesse St. James and Sean Adamson react on the bench during Saturday's loss to the Rouge-et-Or in Quebec City. JACQUES BOISSINOT/THE CANADIAN PRESS

NBL

Rainmen drop 2nd straight to Miracles

The Halifax Rainmen missed a golden opportunity to get back to the .500 mark over the weekend.

Facing an undersized and undermanned Moncton Miracles club, the Rainmen couldn't deliver at home and were blown out 109-87 on Saturday afternoon.

It marked the second time in eight days Halifax (2-4) lost to Moncton (3-3) at the Metro Centre.

In Saturday's game, the Miracles, who because of injuries had only eight players, took a 44-38 lead into the second half and never looked back, shooting an impressive 65 per cent from beyond the arc.

Moncton's Tyrone Sweeney collected a game-high 27 points, followed by former Rainmen member Tyrone Levett's 21 points.

Hillary Haley had a team-high 20 points for Halifax. Brandon Robinson chipped in with 12 points and Joey Haywood added 11.

Newly named head coach Robert Spon didn't man the sidelines for Halifax on Saturday. He will take over the coaching duties on Tuesday.

The Rainmen fired head coach Cliff Levingston last week, and named Spon the replacement on Thursday.

Halifax is back in action Saturday as it plays host to the Windsor Express at 7 p.m. **METRO**

CIS

Huskies find scoring touch vs. Tommies

The Saint Mary's Huskies salvaged a weekend split in Atlantic University Sport men's hockey action on Saturday night, blanking the visiting and winless St. Thomas Tommies 4-0.

Matt Tipoff had two goals and an assist to lead the way for the Huskies (7-4-1), while netminder Anthony Peters made 21 saves.

With the loss, St. Thomas is now 0-12.

On Friday at the Halifax Forum, the Huskies dropped a 3-2 overtime decision to the Moncton Aigles-Bleus (7-3-2).

As for the Dalhousie Tigers (4-6-2), they split a pair of weekend road games.

They lost 6-3 to the New Brunswick Varsity Reds (9-3) on Friday, before bouncing back the next night to beat the Prince Edward Island Panthers 4-1 (5-6-1).

Mason Wilgosh, Brendan MacDonald, Benjamin Breaault and Andrew Wigginton scored in the Tigers victory. **METRO**

Stamps trump champs

Glenn will get his Grey Cup moment

At long last, Kevin Glenn is going to get a chance to play in the Grey Cup.

Glenn threw for three touchdown passes as the Calgary Stampeders upset the B.C. Lions 34-29 in the CFL West final on Sunday before a disappointed crowd of 43,216 at BC Place Stadium.

The Stampeders, who finished second in the West Division behind B.C., will play the Toronto Argonauts for the CFL title next Sunday at Rogers Centre.

The loss denied the Lions a second straight Grey Cup.

Glenn drew the starting quarterback assignment after Drew Tate fractured his forearm in last weekend's West semifinal win over Saskatchewan, ending his season.

Glenn has now earned a Grey Cup berth for the first time in his well-travelled, 12-year CFL career.

"It means a lot to actually be able to actually get a team there and actually be playing in the game," said Glenn.

He was denied the opportunity in 2007 after he led the Winnipeg Blue Bombers to victory in the East final but also suffered a fractured arm.

THE CANADIAN PRESS



Calgary quarterback Kevin Glenn celebrates Sunday's win in Vancouver.

DARRYL DYCK/THE CANADIAN PRESS



Argonauts quarterback Ricky Ray is rushed by Alouettes linebacker Shea Emry during the CFL's East Division final on Sunday at Olympic Stadium in Montreal.

Ray guides Argos' ship back to Toronto

CFL. QB puts on show in East final, earning spot in Grey Cup game in first season with club

The Toronto Argonauts acquired Ricky Ray to get them to a Grey Cup game on home turf, and now they can say "mission accomplished."

A masterful Ray passed for 399 yards and dominated the ground game as the Argos

By the numbers

30

The Argonauts last won a Grey Cup at home in 1952, lost one in Toronto in 1982 and now they're home again in 2012 — each game exactly 30 years apart.

nauts stunned the Alouettes 27-20 in the CFL East Division final before 50,122 at Olympic Stadium on Sunday afternoon in Montreal.

"He took some big hits and hung in there," coach Scott Milanovich said of his veteran quarterback. "I thought he played a tremendous football game, but that's what he's here for."

"That's why he's the one we wanted."

The Argonauts will play in the CFL championship game for the first time since 2004, when they won their 15th Grey Cup with a victory over B.C.

The game next Sunday against the West Division champion Calgary Stampeders will be played at Rogers Centre, the Argonauts' home field.

"It's been a long season for

Quoted

"Montreal's been on top of the East for how many years and if you're going to the Grey Cup, it's fitting that you take out the team that has been on top."

Argos coach Scott Milanovich, who was the Alouettes' offensive co-ordinator before this season.

us, but we've stuck together and just played it one game at a time," said Ray, acquired last winter in a trade from the Edmonton Eskimos. "Now we've got the opportunity to do what we set out to do."

Ray threw a touchdown pass to Dontrelle Inman and Chad Kackert scored on a long touchdown run. Swayze Waters added three field goals for Toronto, which had lost to Montreal in three previous East final meetings.

Chris Jennings and backup quarterback Adrian McPher-

son had touchdowns for Montreal.

Sean Whyte added two field goals. But the Alouettes could muster only three second-half points, as Anthony Calvillo was picked off twice by Marcus Ball and saw another pass pulled out of the hands of Eric Deslauriers by Pacino Horne that was ruled a fumble.

"The game's over, but you start thinking about the plays that might have made a difference," said Calvillo. "Those are the plays that are going to eat at me. I feel bad for everyone in this room."

THE CANADIAN PRESS

Elsewhere on Sunday

- Matt Ryan overcame five interceptions, guiding Atlanta to its only offensive TD in the fourth quarter in a sloppy 23-19 win over Arizona.
- Aaron Rodgers threw two touchdown passes, including a 22-yarder to Randall Cobb with 1:55 left, to lift Green Bay to a 24-20 win over Detroit.
- Robert Griffin III threw four TDs, and Washington broke a three-game losing streak, sending Philadelphia to its sixth straight loss with a 31-6 win.

THE ASSOCIATED PRESS

Jaguars tagged by pair of Texans



Texans receiver Andre Johnson rumbles past Jacksonville defenders Paul Posluszny, left, and Chris Pronski on Sunday in Houston.

Andre Johnson had the game of his life to save the Houston Texans on Sunday.

Johnson finished off a career day by turning a screen pass from Matt Schaub into a 48-yard sprint for the winning touchdown as the Texans rallied to beat Jacksonville 43-37.

"All the good teams find a way to win, no matter if it's ugly, pretty or whatever," Johnson said. "In the win column, it either says 'W' or 'L.' They don't ask how you got it done."

Schaub threw a career-high five touchdown passes, completed a franchise-record

43 passes and finished with 527 yards in the air, second most in NFL history. Warren Moon also threw for 527 yards for the Houston Oilers in December 1990 in Kansas City. Norm Van Brocklin holds the record with 554 for the Rams in 1951.

Johnson caught 14 passes for 273 yards, both career highs; the yardage was a team record. He turned 31 in July, but has been saying for weeks that he's feeling as fit and healthy as he ever has.

"Maybe you guys will believe me after that," Johnson told reporters after the game.

NBA. Raps Calderon, Bargnani create havoc for Magic

Jose Calderon helped the Toronto Raptors get a key win — by getting Andrea Bargnani involved in the game early.

Calderon had 18 assists in Toronto's 97-86 victory over the Orlando Magic on Sunday, while adding nine points of his own. Bargnani scored 17.

"I thought Andrea was playing with some bounce and passion," Raptors head coach Dwane Casey said. "Jose got him going and got him involved early. Jose is a leader. I cannot say how much I respect his game, his leadership, his heart."

Both Bargnani and DeMar DeRozan were hot early in the game as Toronto opened up a 10-point lead after one quarter.

DeRozan had 11 of his 20 points in the opening quarter. Bargnani added nine in the opening 12 minutes and finished with 17 points. He also had five rebounds, two blocked shots and two steals for the game.

"It's important, we need to get those guys rolling and sometimes you have to give them easy shots at the beginning to get them comfortable and feeling confident," said Calderon. "Andrea is struggling with his shots as we all know and today he came out aggressive from the beginning."

Magic head coach Jacque Vaughn was not so impressed with the Raptors' fast start.

"We have to be ready," he said. "We have to understand what coverage we are in at the start of the game, stay focused and stay in it and do it every single time. As soon as the introductions, we have to be ready to start and that's our approach."

Despite the fast start and an eight-point lead at the half, the Raptors trailed by two points entering the fourth quarter but pulled away to the victory. THE CANADIAN PRESS



Raptors power forward Andrea Bargnani shoots over Orlando's Glen Davis on Sunday in Toronto.

THE CANADIAN PRESS

HELPING YOU *Find* THE RIGHT SCHOOL



Get insider connections
with schools



Compare programs,
pre-reqs and costs
in one place



Gain exclusive tips
from experts

Get Started Now

www.SchoolFinder.com



SchoolFinder.com

St-Pierre keeps nearly peerless legacy intact

MMA. Montreal fighter
'had a lot of fun' in
punishing return to
octagon at UFC 154

Striking coach Phil Nurse took one look at Georges St-Pierre in the locker-room before his UFC 154 main event and had a flashback to April 2008.

"Somebody asked me in the locker-room, 'How's Georges looking?' I said, 'You know what? The last time I saw him like this is when he flattened Matt Serra at the same arena.'" Nurse told The Canadian Press.

"That was the (Serra) rematch and that's the last time I've seen him so nervous but itching to go as well, like, 'I just want to get it done quick.'"

At UFC 83, it took St-Pierre just under two rounds to reclaim his 170-pound championship belt from Serra.

On Saturday night before a loud and proud Bell Centre crowd of 17,249 in Montreal, it was longer and bloodier. But it proved to be convincing.

Returning from a layoff of 18 months and 18 days after reconstructive knee surgery, a relentless St-Pierre won a five-round decision over Carlos Condit to unify the welterweight title.

They each won a \$70,000 bonus for fight of the night. St-Pierre, as the UFC's top pay-per-view draw, no doubt got millions more.

The judges scored it almost a shutout for St-Pierre: 49-46, 50-45, 50-45. But it was still a bruising, take-no-prisoners fight with St-Pierre



Georges St-Pierre holds the belt after defeating Carlos Condit in their UFC 154 welterweight title fight on Saturday in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

pushing the pace from the opening. And the champion was in real danger in the third round.

St-Pierre, who said he got his fire back after such a lengthy layoff, called the fight "a blast."

"I was getting hurt, it was painful, but I had a lot of fun. I love my job," he added.

St-Pierre (23-2) said his knee felt fine, but being away from the cage for so long, he forgot the full-bore fighting experience.

"The suffering, this feeling of not giving up," he said.

After the fight, St-Pierre had a fat lip, cuts under both eyes and on the bridge of his nose, and a thick band of red abrasions and bumps on his shaved head.

While St-Pierre said he felt some rust, he essentially looked as good as new against a difficult opponent.

"It's huge. Tonight was a big, big night as far as his legacy is concerned," UFC president Dana White said of St-Pierre. **THE CANADIAN PRESS**

Silva up next?

Montreal's Georges St-Pierre has now won 10 straight fights and not lost in more than five years.

- His legacy could be further defined in the next year. The GSP win likely means a superfight showdown with middleweight champion Anderson Silva.

Quoted

"Before I put the ice on, my head had the shape of an American football.... I hope it gets better with time."

Georges St-Pierre on his physical appearance after Saturday night's fight with Carlos Condit

Women's division

Rousey to lead charge into UFC

The UFC is currently looking at just one weight class for women, according to president Dana White.

The MMA juggernaut announced the signing of Strikeforce bantamweight champion Ronda Rousey and, at this stage, is only looking at featuring her 135-pound division. White said he plans to showcase Rousey in the main event of a pay-per-view event, unless there is a champion of a higher weight class who is defending his title.

THE CANADIAN PRESS



Ronda Rousey GETTY IMAGES FILE

Keselowski wins Sprint Cup title

NASCAR. Keselowski needed 125 starts to win first championship, fewest since four-time champion Jeff Gordon did it in 93 starts in 1995

Brad Keselowski, loud, a little buzzed and soaked in beer, bounded through the door with an oversized bottle of champagne in one hand and his cell-phone in the other. He plopped down next to Roger Penske, a pillar of the American auto industry, and triumphantly slapped him on the back.

"We did it, boss," Keselowski hailed.

"Did you bring your tweet-er?" the 75-year-old Penske replied.

NASCAR's oddest couple captured its biggest prize Sunday night, when Keselowski brought Penske his first Sprint Cup championship 40 years after the owner's first stock-car race. He beat five-time champion Jimmie Johnson of mighty Hendrick Motorsports while delivering the crown that fills a glaring hole on Penske's otherwise sterling racing resumé.

Penske's NASCAR program really turned behind Keselowski, the kid you first heard

about when he tweeted from inside his car during the season-opening Daytona 500 earlier this year. So it was fitting that his first act as champion was sending a tweet, of course, from inside his car. "We did it," he posted with a picture.

At 28, Keselowski is the eighth-youngest champion in NASCAR history and proud he doesn't have a date for the Nov. 30 champion's banquet in Las Vegas.

"I've always wanted to date a celebrity," Keselowski said. "I'm just throwing that out there. That would be really cool, don't you think?"

THE ASSOCIATED PRESS



Brad Keselowski hoists the trophy after winning the Sprint Cup Series championship Sunday in Homestead, Fla. CHRIS GRAYTHEN/GETTY IMAGES

Formula One

Title race to be decided in Brazil

A bold passing manoeuvre at the end of a long straightway slipped Lewis Hamilton past Sebastian Vettel, and the McLaren driver went on to win the U.S. Grand Prix on Sunday in the first Formula One race on American soil since 2007.

The drivers' championship will be settled next week in Sao Paulo, Brazil, the series' finale, after Red Bull's Vettel finished second and Ferrari's Fernando Alonso third. Vettel still leads the drivers' championship race by 13 points.

THE ASSOCIATED PRESS

metro

HELP WANTED

General Help

A large metro automotive dealership is currently looking to hire a full time person to join our team performing cleaning duties 6 nights a week. The successful candidate will have a minimum of three years' experience in a commercial cleaning environment and be able to perform light duty maintenance repairs as needed. Must have experience with mechanical floor scrubbers and carpet machines. Please forward resume and covering letter stating salary expectations along with three references to gthomas@autocan.ca. Only selected applicants will be contacted.

A large metro automotive dealership is currently seeking a full time person to join our team performing lot related and security related duties during evenings. The successful candidate will have a minimum of three years' experience in a dealership setting. Duties will include, display staging, checking in of new vehicles, security/lot checks, snow removal and other tasks as needed. A valid driver's license is required with candidate to provide a current drivers abstract on demand. Please forward resume and covering letter stating salary expectations to gthomas@autocan.ca. Only selected applicants will be contacted.

MSCC firm is currently seeking an Admin/clerical officers, customer service reps, shoppers, store workers general labourers and Drivers on FT/PT. Position requires excellent, organizational skills, hardworking, Ability to multi-task and get it done attitude in a very fast paced enviro. It comes with an attractive salary plus benefits. Send resume/email to : officeasstneededcal@gmail.com

Seeking Employment

A convenience store is hiring a Store Manager. Full-time position with \$20.19 an hour for 40 hours a week. To apply: send resumes to seavendreamart@hotmail.com

CLASSIFIEDS

TO ADVERTISE, CALL:
1 800 527-6767

Business Opportunities

JAN-PRO
CLEANING SYSTEMS

Say good-bye to your old job and start a new exciting business!!

Available Franchises/Financing

- Complete training and support
- Cleaning accounts provided
- Cheapest investment \$3500
- Unlimited potential earnings

CALL NOW!!!

Contact: Carlos De Regules
902-481-2100 or email
carlos.deregules@jan-pro.ca
www.jan-pro.ca

PERSONALS

Business Personals

NICOTINE Trapping You?

Where is some relief?
Soft laser **KILLS** the
NICOTINE URGE
Christmas Special
Just \$99!

Call Doug today! 452.3138

MERCHANDISE

Antiques & Art

Books
1000's of gently used books...1.50 for soft cover and 3.00 for hard cover
Call Nate 209-6546

Carnival Glass
Various pieces of carnival glass some early 1920s some newer
Call Nate 209-6546

Christmas Decorations
Lots of new and gently used Christmas decorations priced from 1.00 and up
Call Nate 209-6546

Public Auctions

2012 SUPREME COURT OF NOVA SCOTIA Hfx No. 405247
BETWEEN: THE TORONTO-DOMINION BANK, one of Canada's Chartered Banks
- and - PLAINTIFF
SALZYNN & ASSOCIATES LIMITED, as Trustee in Bankruptcy for Deborah Anne Macdonald
DEFENDANT

NOTICE OF PUBLIC AUCTION

TO BE SOLD AT PUBLIC AUCTION pursuant to an Order for Foreclosure, Sale and Possession granted by the Court, unless before the time of sale the amount due to the plaintiff on the mortgage foreclosed, plus costs to be taxed, are paid:

PROPERTY:

ALL that certain lot, piece or parcel of land situate, lying and being in Halifax County, Nova Scotia, and known as Civic No. 12 Martin Lake Drive, Lake Echo, Nova Scotia, property identification number 40163842 and Civic No. 18 Martin Lake Drive, Lake Echo, Nova Scotia, property identification number 40163859 and described in a Mortgage dated September 19, 2008 and registered at the Halifax County Land Registration Office as Document No. 91664269.

This property has been migrated pursuant to the *Land Registration Act*.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Sheriff's office and may be inspected during business hours.

DATE OF SALE: Friday, January 11, 2013
TIME OF SALE: 12:30 p.m.

PLACE OF SALE: Halifax Justice Centre, 1815 Upper Water Street, Halifax, Nova Scotia

TERMS: 10% deposit (payable by cash, certified cheque or Solicitor's trust cheque) at the time of sale, remainder within 15 days upon delivery of deed.

DATED at Halifax, Nova Scotia, the 13th day of November, 2012.

PETER LEGERE
Sheriff in and for the County of Halifax

Nicholas C.G. Mott
Wickwire Holm
Barristers and Solicitors
2100-1801 Hollis Street
Halifax, Nova Scotia B3J 2X6
Document Number: 1085984

Public Auctions

RENTALS

Apartments Unfurnished

Apartments Unfurnished

MetCap "We take care of our residents. Try us and see!"
902.461.HOME(4663)

Dartmouth Apartments

175 Albro Lake Rd
Bach \$540
1 BR \$619
2 BR \$725

356 Windmill Rd
1 BR \$599

6 - 16 Nivens, 77 Farrell, 15 Middle St.
All Utilities Included
Bach \$535
1 BR \$599
Book your viewing appointment today!
Call Mack at 402.3894
Or Teddy at 441.0354

11 Glenview
Bach \$536

141 Albro Lake Rd
2 BR \$699
Book your viewing appointment today!
Call Teddy at 441.0354
Or Anne Marie at 401.7318

31 & 35 Highfield Park Dr., 11 Joseph Young Dr.
1 BR \$566
2 BR \$619
Book your viewing appointment today!
Call Olga at 402.2915
Or Anne Marie at 401.7318

36 - 36A & 60 Primrose
Bach \$545
1 BR \$569
2 BR \$649
Book your viewing appointment today!
Call Mack at 402.3894

65 & 81 Primrose
Bach \$479
1 BR \$579
2 BR \$679
Book your viewing appointment today!
Call Lynne at 402.6287

2 & 4 Franklyn Cr., 1-10 Crystal
Bach \$499
1 BR \$579
2 BR \$711
3 BR \$745

15/25/35 Leaman
Bach \$540
1 BR \$645
2 BR \$743

87 Pinecrest Dr, 1-3 Farthington Place
1 BR \$549-569
2 BR \$659-689
Book your viewing appointment today!
Call Lynne at 402.6287
Or Olga at 402.2915

Halifax Apartments

1 & 11 Drysdale Rd. 22-40 River Rd
1 BR \$511

Willowbend Court Glenforest & Willet St.
2 BR \$799
3 BR \$914
Book your viewing appointment today!
Call Teddy at 441.0354

MOVE IN SPECIAL!
1 MONTH FREE RENT*
Ask about our pet friendly apartments
*13 month lease
Offer expires Dec. 31, 2012

Can't get a hold of us? Call our help line at 1-877-638-2271 or email us at leasing@metcap.com

HEALTH & BEAUTY

Dental

Dental

\$99 Dental Hygiene Cleanings
Professional ZOOM! Whitening!
For Only \$349

Dental Cleanings
Group Rates
Mobile Services Avail.
902-830-6908

2 Locations:
3542 Novalea Dr. Hfx
193 Portland St. Drt

www.Smartsmilesth.com

\$99 Dental Hygiene Cleanings Includes; Hygiene Assessment, Scaling, Polish and Fluoride. If Additional Treatments Are Needed They Will Be Completed At No Extra Cost

NEED A RIDE?
Read metrodrive every Wednesday.

Apartments Unfurnished

**GLADSTONE
NORTH
APARTMENTS**

2761 GLADSTONE ST.
Call Doreen Mallon:
830 4300
GladstoneNorth.ca

1 BR, 2 BR, 3 BR & PENTHOUSE SUITES

- One, one + den, two, two + den three bedroom suites available
- Six Premium Appliances including Washer/Dryer
- In-suite Air Conditioning
- Large Corner Windows for Maximum Natural Sunlight in most suites
- High-Quality Laminate Floors
- Private Large Balconies
- Fully Secure Building with keyless entry
- Executive Penthouses Available
- Rooftop Garden
- Environmentally Friendly Features
- Bright In-door Parking*
- Walking Distances to all Amenities, on Bus Route

The best things in life are right outside the door!



Located at Almon & Gladstone

Apartments Unfurnished

Apartments Unfurnished

realstar management
it's your home
Ask about our rental incentives
Halifax

Halifax Apartments
1 & 2 BR
1881 Brunswick Street
(902) 422-5747

MacDonald Apartments
1 & 2 BR
5885 Cunard Street
(902) 422-5033

5770 Spring Garden Rd
1 & 2 BR
(902) 422-5254

Clayton Park / Bedford

Stonecrest Village
1 & 2 BR
80 Chipstone Close
(902) 457-3600

Bedford Heights
1 & 2 BR
22 Bedros Lane
(902) 431-8028

For more information visit:
realstar.ca

REAL ESTATE

Houses For Sale

Commercial Real Estate

COMMERCIAL SPACE FOR LEASE
in busy Plaza. Located in Elmsdale.
For details call Abe at:
(c) 902-488-7222 or (w) 902-883-9888

Attention Realtors!

Want to reach over 116,900 daily Metro News readers?
Advertise your listings with Metro Classifieds.



2 Listings
Starting as low as
\$36 per day

Call 1-800-527-6767 to place your ad now!

**HOUSEHOLD
SERVICES**

Movers

MoveRite
17 ft Truck & 2 Men
\$75.00 per hour
No Minimum
No Gas Surcharge
Residential & Commercial
Local & Long Distance
440-6817
moverite11@gmail.com

Junk Removal

TIME TO TOSS IT

Debris removal, estate clean ups, small demos, unit clear outs, basements, yards & construction. **902-449-0232**

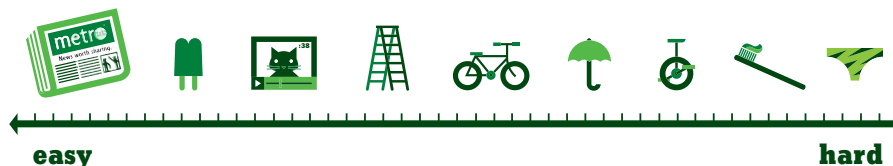
Trades

FINISH CARPENTER

30 years exp. of home construction renovations, additions, kitchens, bathrooms, flooring, stairs, railings, crown moldings, windows, doors and trim.
Lyndel Munro 902-252-5238
<http://users.eastlink.ca/~lyndelmunro/>

Other Services

Piano Tuning & Repairs
Call Robert
404-8285
50 Yrs Exp
Tuning Cost Flat Fee of \$90
FREE Estimates For Repairs

Sharability

Public Auctions

Public Auctions

Public Auctions

Public Auctions

Public Auctions

Public Auctions



ADESA[®]
HALIFAX
PUBLIC AUCTION
Over 200 Cars

Saturday November 24 • 10am

300 Sky Bldy., Enfield (Across from the Airport)
Viewings: Friday November 23, 1-4pm • Saturday 8-10am
902-873-4400 www.adesapublicauctions.ca

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

4 Winter Tires Uniroyal - Tiger Paws P205/65 R15 \$30.00 each 902-435-5517	Black Soft leather Italian 3/4 length jacket. Made by a top maker in Italy (Via Monteleone). Like New. \$50 Call (902)489-7973	Large box of assorted ornaments. Some would make nice Christmas gifts. Selling cheap. Call (902)469-8500	Looking to Buy Furniture & Antiques Call (902)292-8228	Simon G Rubelite Oval Tourmaline Ring Like New. Part of current collection. Purchased at Touch of Gold for \$3600. Selling for \$1200. Call 902-402-9348	Wanted: Pre-lite Christmas tree to make grandchildrens Christmas special. On budget. Call (902)469-1397
Antique wood step ladder - \$25 • Antique wooden blanket box - \$100 Call (902)445-3929	Bridge table with four chairs. Neutral color. New. \$125 • Mix master with attachments. New. \$100 Call (902)477-2456	Large selection of ladies clothing. Size small and medium. Clean and up to date styles. Call (902)469-8500	Man's Black Leather Jacket Size 40. Like New \$40.00 902-865-3317	Wanted old china, glass, old toys, jewelry etc. Please call 902-455-9060	Washer and Dryer Only a few months old. Must sell as moving! \$800.00 OBO 902-441-4140
Apple IPAD - Like New. Used once. In box. Asking \$400 Call (902)404-6883 or 902.401.5621	Children's Board Books Mint condition. 500 to choose from .10 cents each. Free delivery 902-827-2560	Leather skirt - burgandy bought at Daniels size 12 asking \$125.00 Coyote Fur coat size 10-12 \$1000 902-445-5974	Pioneer Laser Disk Player with over 50 movies. Something for everyone! \$300 for all!!! 902-469-1397	Wanted old estate jewelry, costume jewelry and watches (902)443-6014	White Kenmore fridge - side by side. 2 book shelves Call (902)435-0755
Baby high chair by Graco. Regular \$189, only \$10. Free delivery. Call (902)827-2560	Electric lawnmower - \$50 • Composting earth machine \$10 • Metal step ladder - \$25 • 16ft ext. metal ladder \$40 Call (902)445-3929	Looking for string beaded door curtains, wooden or plastic for free or small amount. 902-453-4495 after 10am	Senior who is looking for Motorhome/Camper Call (902)404-5841	Wanted: Flea Market Items Furniture, Antiques, Estates, Records Tools, Jewellery, DVDs & VHS (902)292-8228	White, solid wood interior doors. 5 @ 36" x 80" / 3 @ 24" x 96" \$15 each Call (902)489-7973

Horoscopes

Aries

March 21 - April 20

You need to get tough with someone who has let you down once too often. It is becoming a habit and that's not good for either of you, so let them know this is their very last chance — and mean it.

Taurus

April 21 - May 21

Don't hide yourself away. Don't avoid being seen. The planets indicate you are going to be in the spotlight over the next few days, so you might as well get used to the idea. As ideas go, it's not so bad.

Gemini

May 22 - June 21

You must get your affairs in some sort of order. You must bring balance to what even you can see is a chaotic situation. Your time and your energy are precious, so make sure you get the most from them.

Cancer

June 22 - July 23

You may be tempted to push your luck today, and maybe your gamble will pay off — and maybe it won't. Either way you are right to take the risk. Those who play safe rarely get anywhere worth going.

Leo

July 24 - Aug. 23

Let other people rant and rave if it makes them feel good. You know that raising your voice does not get things done. You know that actions speak louder than words. That's why you'll succeed today while others fail.

Virgo

Aug. 24 - Sept. 23

Don't push yourself too hard. In fact, don't push yourself at all. Most likely you will achieve more today by doing less, though as you tend to work harder than most other people "less" is a flexible term.

Libra

Sept. 24 - Oct. 23

Others may say you are not trying hard enough but you must ignore them. What do they know about who you are and what your aims are? If you are happy with your efforts then nothing else matters.

Scorpio

Oct. 24 - Nov. 22

No matter what other people may offer you by way of reward or recognition, if their aims are not in harmony with your own you must turn them down. The fact is you don't need them and most likely never will.

Sagittarius

Nov. 23 - Dec. 21

A friend or family member will suggest something today and your first reaction will be to reject it. That's understandable, but after a bit of reflection you will come to see they are right. Trust their judgment.

Capricorn

Dec. 22 - Jan. 20

Anyone who thinks you are a bit of a cold fish will be proved wrong over the next 24 hours. Yes, it's true, you have been a bit distant of late but now you are ready to get involved and start sharing again.

Aquarius

Jan. 21 - Feb. 19

The Sun remains in the career area of your chart just two more days, so if there is anything you want to accomplish on the work front make an extra special effort now. Don't think about it, just do it.

Pisces

Feb. 20 - March 20

It may be true that all things are possible but they won't just happen as if by magic. The good news is you are highly motivated and determined to prove yourself — and you'll get your chance over the next few days. SALLY BROMPTON

Canadian Crossword

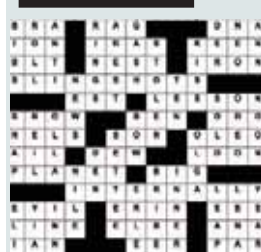
Across

1. Funnyman Carney
4. Banking machine (abbr.)
7. Wager
10. Backside
12. Small inlet
13. Swallow
14. Create
15. — Leoni of The Naked Truth
16. Take home a wage
17. Tangy candies
20. Hospital room (abbr.)
21. Minister's deg.
22. She played Rose on The Golden Girls
25. Estate, for example
29. Fish eggs
30. Dictator Amin
31. Little Orphan —
34. Heard by Perry Mason
36. Not applicable (abbr.)
37. Jr.'s dad
38. Flowery arrangement for the table
45. Roof part
46. Female deer
47. Winglike
49. Always
50. — Got a Secret
51. Canadian Idol judge — Jordan
52. Dancing with the Stars judge Goodman
53. — Aviv
54. Lassie, for one

Down

1. Upper appendage
2. Collect
3. Give or —
4. Johnson of Laugh-In

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

6	0	3	4	2	9	7	1	5
5	1	4	9	8	7	0	2	9
7	2	0	6	5	1	8	3	4
2	5	8	8	1	8	3	4	7
3	8	6	7	4	8	1	5	2
1	4	7	2	3	5	9	6	6
4	6	2	8	9	3	5	7	1
8	7	1	5	6	4	2	9	3
9	3	5	1	7	2	4	6	8

6		9				5		8
	4	7	9		2	3	1	
3								4
			5		3			
	3			6			8	
			7		9			
1								7
	2	6	8		5	1	9	
5		3				4		2

Today

6°/-2°
Mainly sunny

Tuesday

7°/2°
Sunny

Your #1 weather forecast now available in HD.
Check your local listings for details.

©The Weather Network 2012

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

GRAB EUROPE 2013 EARLY AND SAVE!

Exceptional savings throughout November.

FLIGHT CENTRE *Unbeatable*

1 866 967 5402
flightcentre.ca

O'REGAN'S DARTMOUTH HYUNDAI

 **HYUNDAI** | NEW THINKING.
NEW POSSIBILITIES.[™]
**EMPLOYEE
FRIENDS & FAMILY
PRICING**

2 DAY ELANTRA SALE!

0%
FINANCING

+ UP TO **\$8,500**
IN PRICE ADJUSTMENTS*

ON SELECTED
MODELS

**NOVEMBER
23 - 24**

**BONUS: GET A FREE 7 YEAR WARRANTY OR
FREE WINTER VALUE PACKAGE WITH PURCHASE**



2013 ELANTRA
2012 CANADIAN & NORTH
AMERICAN CAR OF THE YEAR

GET UP TO

\$1,750
IN PRICE
ADJUSTMENTS*

&

\$86

BI-WEEKLY

ELANTRA L 6-SPEED MANUAL.
DELIVERY & DESTINATION INCLUDED.



2013 ELANTRA GT
2013 AJAC BEST NEW SMALL CAR
(OVER \$21K)

GET UP TO

\$1,675
IN PRICE
ADJUSTMENTS*

&

\$103

BI-WEEKLY

ELANTRA GT GL 6-SPEED MANUAL.
DELIVERY & DESTINATION INCLUDED.



*Offered in combination with any other offers. See dealer for full details. Dealer's price. MSRP. Taxes and fees extra.



O'REGAN'S
DRIVING HIGHER STANDARDS

**DARTMOUTH
HYUNDAI**

60 BAKER DRIVE, UNIT D • 465-7500
WWW.OREGANSHYUNDAIDARTMOUTH.COM